

SCOTT SPOUSES NEWSLETTER

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Fitness Center Offers Free Aerobic Classes

The Fitness Center, located in building P-6 on Heritage Drive, offers many free aerobic classes. Class is limited to 25 people. Kickfit class size is limited to 18 people. Active Duty personnel have priority. Call 256-1218 for more information. Available classes are:

Basic Step—Ideal for participants who are just starting a fitness program. The class will focus on basic, easy to follow routines to get you comfortable with step aerobics. Even though this class is geared toward participants who prefer step on the “lighter side,” your instructor will give high intensity options for those ready to pick up the pace.

FIP—Fitness Improvement Program for Active Duty personnel only.

Half & Half—30 minutes of either traditional floor aerobics (Tue) or step (Wed) and 30 minutes of pure core strength. Pick just one to compliment your workout routine or fit into your busy schedule, or take them both back-

to-back for a well-rounded cardiovascular and strength workout.

Interval Step—Mix it up! High intensity cardio segments interspersed with toning and/or athletic drills. Keep your heart rate up continually while you burn fat and shape your total body.

Kickfit—Kick and jab your way to a higher level of fitness. We will get you moving with upper body punches and lower body kick combinations for an exciting cardiovascular workout.

Pilates—Lengthen, strengthen and re-shape your body without joint stress through Joseph Pilates’ unique conditioning method. This class is taught multi-level; modifications are offered to accommodate both beginner and advanced participants. Plan on arriving a few minutes early to inform your instructor of any physical limitations or injuries you might have.


Stability Ball Core/Body Conditioning—Tone your body from the in-

side out...from the deep abdominal muscles to the rest of your body. This 60-minute class focuses on stabilization, balance, strength, endurance and flexibility using dumbbells, stability balls, and your own body weight. Great for all levels of fitness.

Step-n-Pump—In this traditional step aerobics class, your instructor will lead you through 35-40 minutes of cardio step aerobics followed by a 15-20 minute strength workout and stretch.

Super Step—Designed for the intermediate to advanced step aerobics participant. Expect a fun and challenging mix of fast-paced choreography using either single or multiple step formats.

Yoga—Discover the power of mind and body through the practice of Hatha Yoga. Learn basic breathing and stretching exercises to increase your flexibility and muscle tone. Appropriate for both beginner and intermediate Yoga students.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am	Interval Step		Kickfit		Step-n-Pump	
7:00-8:00 am		FIP		FIP		
9:00-10:30 am	Stability Ball Core/Body Con- ditioning	Half & Half 9:30-10:00 Tummy & Back 10:30-11:00 Hi/Lo Tummy & Back	Yoga	Pilates	Basic Step	Kickfit
11:00 am-noon	Step-n-Pump	FIP	11:00-11:30 Basic Step 11:30-noon Tummy & Back	Super Step	Power Pump	
12:10-1:10 pm	FIP	Step-n-Pump	FIP	Stability Ball Core/Body Con- ditioning	Super Step	
5:15-6:15 pm	Interval Step	Pilates	FIP	Kickfit	Step-n-Pump	

DoD Launches 'America Supports You' to Showcase Support for Troops

WASHINGTON, Nov. 23, 2004—The Defense Department has launched a new program to showcase America's support for the men and women of the armed forces and the myriad ways the country is expressing that support.

"America Supports You" is designed to gather information about the many activities and programs Americans have launched to show support for the troops — and most importantly, to ensure they and their families know about it, Charles Abell, principal deputy under-secretary of defense for personnel and readiness, told Pentagon reporters today.

Abell said communicating America's support for servicemembers and their families is a big morale booster for "those who are fighting to defend our freedom" and communicates America's "recognition and appreciation of the courage and commitment of those who serve."

Since the terrorist attacks on the World Trade Center and Pentagon, Americans have come together as never before, united in their resolve against their terrorist enemies, Abell said. "And in the three years since Sept. 11, 2001, throughout our operations in Afghanistan and Iraq and elsewhere around the world, the American people have stood solidly behind our military personnel, both men and women, and their families," he said.

That support spans every segment of society — from individuals and families to schools to local communities to major, multinational corporations, Abell said, "all doing their part to show their appreciation for the dedication and sacrifice of America's fighting forces."

But despite the outpouring of support, said Allison Barber, deputy assistant secretary of defense for public affairs, servicemembers aren't always aware of it. "We've heard troops in the field asking if Americans are still supporting them," she said, "and we were

determined to be able to answer that question in a meaningful way."

The America Supports You program will ensure servicemembers know about their many acts of gratitude — including activities conducted at the local level, said Barber, who will run the program.

The program encourages people to visit a Web site and share details about their project or activity. By doing so, they can sign up to receive a military-style dog tag with the "America Supports You" logo that provides a tangible symbol of their support.

At today's kickoff event, Abell noted that the initiatives under way run the gamut. Britany and Robbie Bergquist, a brother-sister team in Massachusetts, have used their "Cell Phones for Soldiers" program to buy prepaid calling cards so deployed servicemembers can call home.

Another organization formed to build or renovate homes for disabled veterans returning home from Southwest Asia.

Other groups set up programs so children of deployed troops could listen to or watch their mom or dad read bedtime stories to them.

Home Depot donated tools and materials so families could repair and maintain their homes during their loved ones' deployment. Starbucks

donated coffee to give troops in Southwest Asia a taste of home. The list goes on and on, Abell said.

James Mueller, senior vice commander in chief for the Veterans of Foreign Wars, knows personally how important it is for deployed servicemembers to know that their country is behind them. An Army veteran who served in Vietnam, he remembers how difficult it

was to be thousands of miles from home, in harm's way, without the full support of many of his countrymen.

"We never want that to happen to our troops again," he said at today's America Support You kickoff.

To ensure it doesn't, VFW posts nationwide are involved in sending care packages and supplies to troops overseas and helping families on the home front through a program that helps pay for things like groceries or emergency appliance repairs.

Edward Powell Jr., president and chief executive officer of the United Service Organizations, shares Mueller's memories of the Vietnam era and vows never to let it happen again.

"Our goal is to make sure the men and women who signed up to protect us know that they are appreciated and that we haven't forgotten them," he said.

To that end, Operation USO Care Package has sent more than 400,000 care packages to give deployed troops a taste of home, and the USO sponsors other programs and services for servicemembers and their families.

Powell said he hopes America Supports You gives Americans who want to support the troops, but don't know how, a way to show their appreciation.

"Sometimes the words 'thank you' just don't seem adequate when considering the tremendous sacrifices servicemembers are making for their country," he said. "But we're focused on the incredible power of 'thank you' — and we see this program as a way of expressing that to the men and women so deserving of it."

Donna Miles

Armed Forces Press Service

From the America Supports You website at <http://www.dod.mil/americasupportsyoud/america/stories/97068.html>



Portal Allows Airmen to Chat With Friends, Family

WASHINGTON, Dec. 20, 2004—Airmen at home station or a deployed location can now send instant messages to their friends or loved ones whenever they have access to the Internet.

The Air Force recently implemented the "Friends and Family Instant Messenger" program, available through the Air Force Portal. Now, besides using the system to connect with other Airmen on work-related projects, users can chat online with non-Air Force friends or family members, said Lt. Col. Joe Besselman, the program director for global combat support systems at Hanscom Air Force Base, Mass.

"There was a dual purpose for (the instant messenger)," Colonel Besselman said. "Instant messaging has been a commercialization and socialization phenomenon in the commercial sector. Air Force leaders wanted to give that to Airmen, and to have that available in their work unit so they could chat with one another socially and also accomplish the mission. They also wanted to give deployed (Airmen) the capability to talk with their families back home."

Air Force Special Operations Command was chosen to debut this capability for the Air Force following a two-month test period. Lt. Gen. Michael Wooley, AFSOC commander, notified the command's Airmen in his holiday video, available through the Air Force Portal.

"I'm proud to introduce a new Air Force Portal real-time chat tool to help those deployed reach back and talk to their loved ones anytime, anyplace," General Wooley said. "We honor your sacrifice, and this is just one thing that we can do to support you."

Feedback from the testing period has been enthusiastically positive. The mother of one deployed staff sergeant said the service "has made a big difference in my life. Having the peace of mind of knowing that your loved one is safe on a day-to-day basis is priceless."

Colonel Besselman said supply Airmen use the instant messaging of the portal to help move mission

critical parts in and out of war theaters. Some National Guard Airmen are also using the chat to conduct recalls.

The Air Force has offered instant messaging through the portal for more than two years though the chat was limited to Airmen and civilian employees only.

Under the new program, Airmen "sponsor" friends or family onto the portal by entering their e-mail addresses into the system. The portal then generates e-mails inviting them to log on and get their own specially configured account. Airmen can have up to five people added to the system, Colonel Besselman said.

"Five people is an adjustable number," he said. "Based on the feedback ... and the scaling requirements of the infrastructure, we could change that number."

One challenge faced by the Air Force information technology community when trying to open up the portal to non-Airmen was ensuring the network would remain safe from the viruses and malicious code so prevalent on the commercial side of the Internet.

Initially, Air Force officials allowed the system to interface with commercial chat packages. But commercial messaging software often allows users to send images and attachments to other chat-ters. Those attachments could be infected with viruses or other malicious logic. The Air Force system is for text-only chats.

"It doesn't allow you to embed images or sounds or documents, where somebody could have put malicious code," Colonel Besselman said.

The Air Force uses a commercially designed real-time chat program to power the program. The software, while tailored to the Air Force's specific needs, is also in use by the Army, the Navy, and the Department of Homeland Security. The software does not need to be downloaded to users' computers; it is entirely Web-based, Colonel

Besselman said.

"If you are using a modern browser, that's all you need to use the chat," he said.

Another concern for Air Force leaders about opening the portal to friends and family had been that individuals sponsored could chat with people they did not know.

"We didn't want people to use the (system) because they've got nothing else to do, or to be trolling around looking for lonely hearts to talk to," Colonel Besselman said. "We wanted to provide the ability for friends and family members to talk with specific people on the network."

Friends or family members will not have the same access to the portal that Airmen have, but they will get limited access to the messenger.

"The (program) allows family members or friends a way to get an Air Force Portal account, but all they see is (the instant messenger)," Colonel Besselman said. "This doesn't give them all the power of the portal, but just a scaled back version."

Within the system, it only allows visitors to see if their Air Force sponsors are logged on, he said.

Other concerns about the system have also been addressed. Recently, ranks were added to "screen names" to ensure Airmen knew who they were talking to when online.

"We added rank in there so people know your name and rank and where you are," Colonel Besselman said. "It helps make sure people are operating within the guidelines of the Air Force when they talk to somebody."

Chat on the portal is also encrypted, to prevent those outside the network from tapping into a conversation.

"A husband and wife can feel comfortable having a one-on-one conversation, because it is secured and encrypted," Colonel Besselman said.

To use the online chat, Airmen first need to get an Air Force Portal account. To sign up, visit <https://www.my.af.mil>.

Staff Sgt. C. Todd Lopez

Air Force Print News

From the Air Force Link website at <http://www.af.mil/stories/story.asp?storyID=123009448>



Military Spouse Magazine Debuts







Military Spouse is the first magazine dedicated to all U.S. military spouses. It is a bi-monthly consumer magazine publication in print format that is



by, for, and about U.S. military spouses. The content incorporates all aspects of life in the military.

Military Spouse can be purchased at Wal-Mart and Barnes and Noble locations near military installations nationwide, all AAFES and NEX nationwide and select European and Asian locations, HEB stores, and Books-A-Million (in the southeast region) for \$3.99 per copy. Please look in the military and/or women's magazine section. Readers can also subscribe for \$12 per year by visiting the Military Spouse Magazine subscriptions page online at <http://www.militaryspousemagazine.com/Subscriptions.htm>.

The January 2005 issue features:

-  Interview with Madeleine Stowe about her role in *We Were Soldiers*
-  SheDaisy talks about the group's hit song "Come Home Soon"
-  How can you make a servicemember's homecoming smoother?
-  Need a job? Consider becoming a virtual assistant
-  Edelweiss Resort, Germany now open to all U.S. military families
-  Need ideas on how to update your kitchen? Joanie can help!

Helpful Websites



My Money

<http://www.mymoney.gov/>

MyMoney.gov is the Federal Government's website dedicated to helping Americans understand more about their money—how to save it, invest it, and manage it to meet your personal goals.

You can use the resources on this site to learn how to balance a checking account, shop for a mortgage or auto loan, research ways to pay for a college education, put money away for retirement, understand a credit report, and much more.

Ready America

<http://www.ready.gov/index.html>

Ready.gov is a common sense framework designed to launch a process of learning about citizen preparedness. One of the primary mandates of the U.S. Department of Homeland Security is to educate the public, on a continuing basis, about how to be prepared in case of a national emergency—including a possible terrorist attack.

Whenever possible, we want to stop terrorist attacks before they happen. All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack. While there is no way to predict what will happen, or what your personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However, as you will see throughout Ready.gov, there are important differences among potential terrorist threats that will impact the decisions you make and the actions you take. With a little planning and common sense, you can be better prepared for the unexpected.

Expeditionary Family Event Calendar for January 2005

Date	Event & Time	Location	Phone
7	Brown Bag Reunion Lunch, 11:30 am-12:30 pm (Please call by 5 January to sign up)	Family Support Center	256-8668
7	Give Parents a Break, 6:00-10:00 pm	Child Development Center & Youth Center	256-8668
11	Enlisted Spouses' Club Meeting, 7:00 pm	Hospital Dining Hall (basement)	233-4690
12	Officers' Spouses' Club Meeting, 10:00 am	Scott Club	746-4033
20	Key Spouse Meeting, 6:00 pm	Family Support Center	256-8668

Note: Events in bold are specifically Expeditionary Family Events

This newsletter is a product of the Scott AFB Integrated Delivery System (IDS) Team.
Find more helpful information online at <http://public.scott.amc.af.mil/review/integrated/index.cfm>.